

THE CITIZEN

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U.S. Army Garrison Stuttgart

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Stuttgart, Oberammergau and Garmisch, Germany

School's Out!

*Patch High
seniors make the
grade, celebrate
summer's start
Pages 8-9*

Brandon Beach

With diploma secure in hand, Madelina Brown is all smiles as she and fellow members of the Patch High School Class of 2007 took the ceremonial walk across the stage and into the rest of their lives during the school's commencement ceremony held June 10 in the Sindelfingen Stadthalle.

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The Panzer DFAC earned the IMCOM-Europe 2007 Phillip A. Connelly award for best small garrison facility and will compete at the Army-wide level later this year.



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On safari in the Black Forest at Kamelhof

The Citizen takes a look at Kamelhof, a petting zoo located in southern Germany where camels take center stage, as part of its Out and About series.



Patch High School Graduation 2007

Patch graduates reflect on the 'rest of their lives'

By Tamara Opplinger

Theodore Roosevelt once said, "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

The future holds numerous opportunities and challenges for each graduate here today. God has gifted each person here with a unique talent, personality, and perspective. The question today is, are you going to use your talents wisely? Are you going to positively impact this world? Or are you merely going to be the critic pointing out how others are failing while you yourself do nothing. The role of the critic is one of weakness, one of cowardice.

John F. Kennedy once said, "Some see the world as it is and ask why?" I challenge you to see the world as it should be, and ask why not? Please do not be afraid to be the "strong man, the man who is actually in the arena."

When life is hard please: Strive forward valiantly. When failure looms ahead, dare to do great things! When you are criticized for doing the right thing, keep doing it. Failure is part of life. Hardships are part of life. Don't be afraid of it. Live each day one day at a time to its fullest. Be the man in the arena.

Opplinger gave the valedictorian address during Patch High School's June 10 commencement ceremony held in Sindelfingen's Stadthalle.

Patch is not just a school, but a chapter of our lives that we will, hopefully, always remember.

By Kylie Marchant

It is very difficult for me to address a speech that could ever relate to each and every one of my fellow seniors. A military community is transient by nature. The vast majority of our seniors compile experiences from various high schools. Some have attended two, three, or even four schools in their high school careers. I cannot speak about them. I can only speak about Patch. I am one of the 13 who have been blessed with being a part of Patch since 7th-grade. ...

Although we may all have shared different experiences, I think what is truly important is that we have completed our senior year together at Patch. Throughout my years here, one saying seems to characterize our high school and Patch itself, "Here at Patch you are a big fish in a small pond." I believe this is undoubtedly true. ...

Our school is small enough to at least recognize almost everyone passing in the halls, for teachers to know you even if you have never had their class, and for one to dominate in an area such as academics or athletics. The only drawback is that news, like ripples, travels fast through a small pond. But that is part of what makes high school such a unique experience.

Which brings me to the journey we have made over these past four years. Each and every one of us has struggled through our adolescent stages, matured, and grown into young adults. We are the people we are today because of those who sit before us: Friends, teachers, and family members. The valuable friendships we have made at Patch have been very important in our development. Our friends have proved invaluable to us throughout high school. Our teachers have

instilled in us a foundation of education and, more importantly, they have instilled lessons of life. They have each in their own way urged us along our path. Because after all, it will not matter what grade we got on our term paper or who had the highest point value but, that we were able to take away with us from each class lessons, memories, and perhaps a little knowledge. ...

[Patch] is not just a school, or as some call it a torture chamber, but a chapter of our lives that we will, hopefully, always remember. We have shared memories everyday in classrooms, on sports fields, stages, downtown, at Europapark, and around Europe. We have learned together, laughed together, cried together, worried together, conspired together, despised together, loved together, and celebrated together. And this, is our final celebration.

I know many have spent the past four years yearning for high school to be over. And now that it finally is over, I hope that we will cherish the memories and lessons we have experienced at Patch. As we each journey beyond this little pond, we must remember that even if we don't return here (although it seems to happen that many make at least one trip back) our lives will always be inspired by the connections that began at Patch High School.

So rather than say goodbye, I would like to leave with how the Germans so precisely word it, "Auf Wiedersehen!" until I see you again.

Congratulations Class of 2007! Thank you.

Marchant gave the salutatorian address during Patch High School's June 10 commencement ceremony.

For graduates, advice abounds

Along with mortarboards, gift cards and apprehension about the future, one other staple of graduation time is an outpouring of advice directed at those who are moving from one stage to another. The following is a small selection of the many words of wisdom that have been offered during college commencement ceremonies in the United States.

Look at your fingers. Hold them in front of your face. Each one is crowned by an abstract design that is completely different than those of anyone in this crowd, in this country, in this world.

They are a metaphor for you. Each of you is as different as your fingerprints.

Why in the world should you march to any lockstep?
— Anna Quindlen, Mount Holyoke College, 1999

There is one sin we must never commit and it is to humiliate another person or to allow another person to be humiliated in our presence without us screaming and shouting and protesting. Learn that.

— Elie Wiesel, DePaul University, 1997

You will, undoubtedly, meet people who will try to shut you up or entice you to compromise your principles in any number of ways.

They'll try to seduce you and distract you with money, power, security and perhaps, most dangerously, a sense of belonging. Don't let them; it's just not worth it.

One of the biggest threats to our world is the culture of silence and compromise.

— Samuel L. Jackson, Vassar, 2000

Speaking from experience, failing stinks. Just don't stop there. Don't be undone by it. Move on. Failure is no more a permanent condition than success.

"Defeat is never fatal," Winston Churchill observed. "Victory is never final. It's courage that counts."

— Sen. John McCain, Wake Forest University, 2002

The unfortunate, yet truly exciting thing about your life, is that there is no core curriculum. The entire place is an elective. The paths are infinite and the results uncertain. School is something you complete. Life is something you experience.

— Jon Stewart, The College of William and Mary, 2004

We sit in the shade of trees planted long ago. We have all arrived at this wonderful moment together because of countless gestures of hope made by generations that have preceded us.

We must give thanks for all that brought us here.

And we must be keenly aware that our stupendous good fortune carries with it an obligation to keep that flame burning brightly into the future.

— Bradley Whitford, University of Wisconsin, 2004

Remember the people struggling alongside you and below you. The people who haven't had the same opportunity, the same blessings, the same education.

Most have little control over their fate. Give them a hand. Give them a chance. Give them their dignity. Indeed there is a simple truth; "No exercise is better for the human heart than reaching down to lift up another."

That is your charge. That is your opportunity.

— Tim Russert, Niagara University, 2000

One of the most important tools is skeptical or critical thinking. Put another way, equip yourself with a baloney-detection kit. . . . Part of the job of education is to be able to tell what is baloney and what is not.

— Carl Sagan, Wheaton University, 1993

THE CITIZEN

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www.stuttgart.army.mil

News & Notes

Baskin Robbins to close after July 7

The Baskin Robbins ice cream store on Patch Barracks will officially close as of July 7.

"A recent AAFES Region Food review of the Patch Baskin Robbins resulted in direction to close the facility," said Lee Muslin, EUCOM, Consolidate Exchange, general manager, in a letter to the Stuttgart Garrison Commander, Col. Kenneth G. JKuergens. "We have made prior adjustments to the hours of operation in hopes that this change would bring positive results, however that has not happened. The closure of the Patch Main Store and opening of the new Panzer Shopping Center has resulted in a substantial reduction in business for all remaining AAFES facilities, except for the Shoppette and Theater."

Muslin mentioned in her letter, that Baskin Robbins cakes will still be available for purchase at the Patch Food Court and pints of the Baskin Robbins ice cream will be sold at the Patch Shoppette.

"We have exhausted all our options and had to make a very tough decision to close the Patch Baskin Robbins as of July 7," added Muslin. "The AAFES mission is to provide quality merchandise and service of necessity and convenience to authorized patrons at uniformly low prices and to generate reasonable earnings to supplement appropriated funds for support of Army and Air Force Morale, Welfare, and Recreation Programs. We continue to achieve this mission however at times we have to make decisions to close facilities that do not achieve the sales or earnings goals that contribute favorably to our mission."

Safety Office offers free inspections

The U.S. Army Garrison Stuttgart Safety Office, in cooperation with the German Automobile Club (ADAC), is offering free shock absorber, brakes or speedometer inspections from 9:30 a.m. to 1 p.m. and 2 to 5 p.m. on June 27 and 28 at the AAFES gas station/ Shoppette on Patch Barracks.

For more information, call the USAG Stuttgart Safety Office at 421-2752 or 0711-729-2752.

Little League tournament on Kelley

The Stuttgart American Little League (SALL) is hosting the Transatlantic European Little League District Tournament on Thursday, June 28, starting at 11 a.m. on the Kelly Barracks baseball diamond, located next to the Kelley Car Wash. Round-robin play will continue through July 1.

The tournament will feature 11-12 year-old boys Major League teams from KMC-Ramstein-Vogelweh, Eifel, Stuttgart, and Heidelberg.

USO golf tourney July 14

The 16th Annual USO Golf tournament will be held July 14, 8:30 a.m., with a shotgun start at the Stuttgart Golf Course, Kornwestheim.

This is the USO's top fundraiser of the year and is a German-American event featuring entertainment, prizes, food and VIP gift-bags for all players. Sign-up deadline is July 3.

For more information on this and other USO events, visit www.uso.org/stuttgart or stop by the USO office in the Community Services Center on Panzer Kaserne.

Hours of operation are: weekdays from 10 a.m. to 8 p.m. and Saturdays from 10 a.m. to 4 p.m.

MBA program to start in Stuttgart

You can help bring a Masters in Business Administration (MBA) program to the Stuttgart Education Center. The University of Phoenix is scheduling classes to begin in June, one night a week, at the Stuttgart Education Center, Building 2915, Panzer Kaserne.

For more information, contact Maria Neelands at 373-7650/civ. 06221-588-0492 or e-mail Maria.Neelands@phoenix.edu.

Mandatory ASAP Training

The Stuttgart Army Substance Abuse Program (ASAP) Office has finalized its schedule for annual ASAP training opportunities.

ASAP training is mandatory for all Department of the Army civilians; however, all military personnel, local nationals and contractors are invited and highly encouraged to attend the training. For more information, call 431-2530 or 07031-15-2530 or e-mail scott.maylender@eur.army.mil.



U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens, middle, along with Dakota Allard, representing Child and Youth Services, receive a ceremonial check from Gen. William E. Ward, deputy commander of U.S. European Command, during a June 18 Combined Federal Campaign Overseas Ceremony on Patch Barracks. Looking on is Renée Acosta, president and chief executive officer of Global Impact, the not-for-profit organization that manages the CFC-P campaign.

Combined Federal Campaign Overseas

Area youth, families benefit from CFC-O, ceremony held on Patch

USAG Stuttgart Public Affairs Office Release

Youth and families within the Stuttgart military community and the U.S. European Command area of responsibility became the beneficiaries of more than \$260,000 in donations that were raised during the Combined Federal Campaign Overseas 2006 drive.

During a June 18 ceremony in EUCOM headquarter's Gen. Matthew B. Ridgeway Conference Room, Gen. William E. Ward, deputy commander of EUCOM, and Col. Kenneth G. Juergens, commander of U.S. Army Garrison Stuttgart, received ceremonial checks earmarked for family support and youth programs.

Renée Acosta, president and chief executive officer of Global Impact (the not-for-profit organization that manages the CFC-O effort) presented Gen. Ward with a check for \$258,059, the

"This community continues to demonstrate its support for our children and families."

Col. Kenneth G. Juergens
USAG Stuttgart Commander

total amount raised for family and youth within the entire EUCOM AOR.

"The bottom line is the portion that comes back to us is used to help our younger members of the team," said Gen. Ward. "It is this measure of support by so many that is so important."

Gen. Ward then handed Juergens a check for \$13,079, representing the funds raised from within the EUCOM headquarters community dedicated to local quality-of-life programs.

"This is great for all who designated Stuttgart for their CFC-O donations,"

Juergens said. "This community continues to demonstrate its support for our children and families, and I want to thank everyone who contributed to this worthwhile cause."

Last year, more than \$544,000 was returned to overseas military communities during the campaign, said Constance Baker, CFC overseas director for Europe.

For more information on the CFC-O campaign, visit www.cfcoverseas.org. To learn more about Global Impact and their efforts, visit www.charity.org.

NAF JOB FAIR

Want a new job or career change? Come see what NAF has to offer:

Positions in:

CYS Program Assistants

Hotel Desk Clerks

Various CYS and Army Lodging Facilities

July 12th, 10am - 2pm

Panzer Community Service Center

Bldg: 2915

IMCOM-Europe names NCO, Soldier of Year

Garmisch staff sergeant to compete at worldwide competition in Virginia



Brandon Beach

Sgt. Staff Todd Allison of USAG Garmisch performs a maintenance check on a MK19 grenade launcher as part of his Warrior Task qualification May 21 on Kelley Barracks.

Story by Ray Johnson
IMCOM-E Public Affairs Office

As the 11 Noncommissioned Officer and Soldier of the Year competitors from Installation Management Command-Europe lined up to be recognized, it was fitting that they did so alphabetically. For when the two winners stepped forward during the June 12 ceremony in Heidelberg, they were already naturally standing in front of their respective groups.

And by earning the top honors, Staff Sgt. Todd Allison, U.S. Army Garrison Garmisch, and Pfc. Jarrod Bailey, USAG Hohenfels, now will represent IMCOM-Europe at the IMCOM worldwide competition scheduled for next month at Fort A.P. Hill, Va.

Allison, NCO in charge of Garmisch's directorate of emergency services, said being named NCO of the Year certainly topped off his experience, but simply being able to compete was all that he could ask for.

"Honestly, just being tested alongside the other Soldiers was rewarding for me," said Allison, 28, of Springfield, Ohio. "I love my job, but when you find yourself behind a desk regularly, you start to miss the field - the type of activities you joined the Army for."

Bailey, 20, a chaplain's assistant from Canton, Mich., agreed. "Being able to get out and perform the Warrior Tasks and Drills made the event worthwhile," he said, referring to the three days of actual competition at Stuttgart, Germany, in late May.

It was there that the Soldiers underwent a comprehensive evaluation of skills ranging from physical fitness to military knowledge, including land navigation exercises, weapons

I love my job, but when you find yourself behind a desk, you start to miss the field, the type of activities you joined the Army for.

Staff Sgt. Todd Allison
U.S. Army Garrison Garmisch

qualification and written exams, along with a surprise road march thrown in as a twist.

"It's kind of like the movie 'Any Given Sunday.' Whoever wants it the most," said Command Sgt. Major John Gaines, IMCOM-Europe command sergeant major. "We test what they know and what they think they know."

Addressing all 11 Soldier-competitors and roughly 100 attendees assigned to 10 garrisons stretching from Belgium to Italy, Russell Hall, director of IMCOM-Europe, congratulated every participant.

"I applaud you for what you stand for," Hall said. "I applaud you for the risks and hazards you shoulder in protecting our way of life. While only two of you will be going to the IMCOM competition, each of you represents IMCOM-Europe daily. I thank you."

This article originally appeared online at www.imcom-europe.army.mil.

Panzer Dining named best in Europe, to compete at Army level

Story by Brandon Beach

The Panzer Dining Facility has been selected as the Army's best small installation facility in Europe.

The Panzer DFAC was awarded the Installation Management Command Europe Region's 2007 Phillip A. Connelly award in the small Garrison category - and will represent IMCOM-E in the Army-wide competition later this year.

At the Panzer DFAC, the kitchen staff is made up of personnel from both the 1/10th Special Forces Group (Airborne) and the 554th Military Police Company. Both units are assigned to Panzer Kaserne.

The facility serves both breakfast and lunch Monday through Friday. Without a meal card program, the facility is open to Soldiers, civilians and their guests.

"We pretty much feed everyone here," said Sgt. 1st Class Scott Shimon, commander of the Panzer DFAC.

"It's been a real team effort," said Frank Mottin, USAG Stuttgart food program manager. "Everybody here has been cross-trained in all areas. We make sure everyone can do the same job."

Background

Since 1968, the Connelly program has recognized the Army's outstanding dining facilities. Categories include small and large

Everybody here has been cross-trained in all areas. We make sure everyone can do the same job.

Frank Mottin
USAG Stuttgart

garrisons, field kitchens, National Guard and Reserves.

An inspection team made up of IMCOM-E-level food program managers visited the Panzer DFAC in May. During their comprehensive evaluation, they graded the facility on numerous categories such as training and supervision, dining facility administration, food service sanitation, safety, appearance and attitude of food service personnel.

This year marks the 40th anniversary of the culinary awards program. It is sponsored by the International Food Service Executives Associations and the Army's Center of Excellence, Subsistence.

For more information on the Connelly program, visit www.quartermaster.army.mil.

Stuttgart Newcomer's Orientation (SNO)

Summer Schedule

SNO is a Free 2 day program where you can learn about the culture, public transportation and visit some of the local sites.

Tuesday, 0900 - 1500
Thursday, 0845 - 1700
Wednesday, Hospital Tour with CPF

July 10 - 12, 17 - 19 and 24 - 26
Aug. 7 - 9, 14 - 16 and 21 - 23

Must register with Army Community Service (ACS) for SNO and with Central Processing Facility (CPF) for the hospital tour.

Free Child Care for orientation participants (must be registered with CYS)

Youth SNO in conjunction with Patch CYS
6 - 12 graders are welcome to attend contact CYS for details and to sign-up.
Must be registered for all programs and services

Seating is limited, sign-up today!
ACS: DSN 431-3362/3330 CIV 07031-15-3362/3330
CPF: DSN 431-2599/2803 CIV 07031-15-2599/2803
CYS: DSN 430-7204 CIV 0711-680-7204

ARMY COMMUNITY SERVICE
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Real-Life Solutions for Successful Army Living

Garmisch, Stuttgart prepare for Independence Day celebrations

USAG Stuttgart Public Affairs Office

Community members of the U.S. Army Garrisons Garmisch and Stuttgart will have ample opportunities and time to celebrate their Independence Day as the two communities will hold separate celebrations this year and on separate days.

Garmisch festivities

The Garmisch community will hold its Independence Day celebration on June 30 at Breitenau Sports Field on Artillery Kaserne in the form of an old-fashioned county fair.

The day-long festivities will kick off at 9 a.m. with a 5K Fun Run-Walk. At 9:30, a 1-Pitch Softball competition, open to all ID card holders 18 years and older, will be held. There will be adult and children games of chance and challenge throughout the day as well as plenty of food and beverages.

At high-noon, there will be a Beer Crate Climbing contest, followed by a Pie Baking Contest at 2 p.m. Live-band entertainment will be provided by the group Green House Lizards from noon to 6 p.m.

Although the Independence Day celebrations will be held June 30, a fireworks display will be held on July 4th at dusk courtesy of the Edelweiss Lodge and Resort.

For more on the Garmisch celebrations, call 440-3702 or 08821-750-3709.

Stuttgart festivities

The Stuttgart community will hold its Independence Day celebration on July 4th on Patch Barracks adjacent Husky Field and will continue the festivities until July 8th.

The celebration will begin July 4th at 1 p.m., when the Garrison Commander, Col. Kenneth G. Juergens will tap the ceremonial keg and officially open the fest rides and booths as well as begin a volksmarch, sponsored by the Stuttgart German-American Wandering Club.

The volksmarch will continue until 5 p.m. and at 6, a live-band performance by the County and Western Band, Custer, will provide musical entertainment until 10 p.m.

While the band is playing, there will be plenty of rides to include the bumper cars, 3 D Simulator, Bungee trampoline, Himalaya and Windshield Wiper for adults and a Merry-Go-Round, Baby Flug and Free Fall Donut rides for the children.

For those looking for a challenge and a bite to eat, there will be games of chance and numerous food booths scattered around the fest grounds. At 10 p.m., the skies above will light up with a barrage of fireworks in recognition of America's 231st Independence Day. The fest will close for the day at midnight.

On July 5th the fest will open at 1 p.m. At 7 p.m., a live performance by the Armed Forces Band, Matt Poss & Wild Bunch will entertain the crowd until 11 p.m. when the fest will close.

July 6th (Friday) will be Family Day at the fest and all the rides will be 50 percent off the regular price from 4 to 8 p.m. There will also be a softball tournament from 1 to 6 p.m. A Disc-Jockey will provide music until the fest closes at midnight.

On July 7th, there will be a Fun Run from noon until 1 p.m., when the fest will open. The continuation of the Softball Tournament will be held from 9 a.m. until 6 p.m. A Disc-Jockey will provide music until the fest closes at midnight.

On July 8th, the fest will open at 1 p.m. The final day of the softball tournament will be held from 10 a.m. until 2 p.m. A Disc-Jockey will provide music until the fest closes at 10 p.m.

There will be shuttle bus services to the fest grounds from all kasernes in Stuttgart. The regular weekend bus schedule will be used. An additional bus run will be added to the schedule for July 4 to 7. The bus will leave Patch Washington Square at 11:15 p.m. on July 4th and 5th and at 00:15 a.m. on July 6th and 7th.

For more information on the shuttle bus schedule, call 421-2389 or 0711-729-2389 during duty hours or 421-2601 or 0711-729-2601 after hours.

'Superstars' square off in Stuttgart

Story by Marty Smith
USAG Stuttgart Fitness Coordinator

Members of the Stuttgart military community competed in the third-annual 'Superstars' competition May 12. The competition was very close, especially in the new "Over-40" category.

Anthony "AJ" Jones, a recent newcomer to the over-40 crowd, displayed his athletic abilities by winning the free throw, softball, 100-meter dash and long jump events.

Greg Outlaw took advantage of his new slimmer physique (as a result of being near the top of the recent "Lose to Win" contest) finishing a close second by winning the football throw and coming in second in four other events. Craig Robison and Marty Smith were close behind,

with Robison squeaking out third place by four points.

In the under-40 division, Eric Farmer and Levertis Davis were neck and neck throughout the all-day contest. Farmer finally broke free to win it with first-place finishes in the softball and football throws and the last event, the grueling one-mile run.

In the woman's division, Alunita Tuisavura took the trophy after winning every event except the mile run, where second place finisher Lizeth beat her with a time of 8:42.

All participants received free Superstars T-shirts and agreed the competition was challenging and exhausting, but a lot of fun. The next Superstars will be held in August.

For more information on this or other events contact Smith at 430-5386.



Students from the PHS physical education program recently toured the Patch Commissary.

PHS students tour Patch Commissary

By Brandon Beach

Patch High School students are getting smarter at the checkout line due in part to "Savvy Shopping," a new program offered by the school's physical education department.

Last month, students visited the Patch Commissary and had the chance to meet with Jane Enger, a fitness professional, and Natasha Dillahunt, Patch grocery manager.

During their hour-long visit, students tasted a variety of foods such as milks, whole grain breads, "healthy choice" meats,

cheeses, fruits and vegetables.

During her presentation, Dillahunt discussed the types of organic products the commissary stocks in its shelves, while Enger showed students how to read food labels.

The students who took part in the visit were part of Carol Heffernan's conditioning classes. "It's too easy to go in and eat whatever you want," said Heffernan. "We want to show students that there are better choices they can make."

For more on the PHS physical education program call Heffernan at DSN 430-7191.



photos by Mary Knef

Cobblestone Classic draws competitors, families for fun run

Runners, walkers and families took part in the 4th-annual Cobblestone Classic 8k race between Patch Barracks and Panzer Kaserne June 10. The race, which followed the hilly tank trails, had 333 finishers, said event organizer Marty Smith, USAG Stuttgart fitness coordinator. The overall men's champion was David Warner with a 28.05 finish, and on the women's side, it was Julie House with a 35.57 finish. After the race, USAG Stuttgart Command Sgt. Maj. Mark Q. Barbary passed out awards in the Patch Community Club to all the age-group winners. Pictured left is Anthony Baker.

Learn to prevent indoor mold

Europe Regional Medical Command
Public Affairs Office Release

There's mold, the harmless kind, then there's mold, the dangerous kind, and knowing the difference can keep you from getting sick. Molds are always present in the environment and for most people they do not pose a health risk.

"Molds are a type of fungus," said Capt. Matthew Perry, an environmental science and engineer officer and chief of environmental health for the U.S. Army Medical Department Activity – Bavaria. "They grow by creating microscopic spores that float through the air both indoors and outdoors."

Perry said that because of mold spores' incredibly small size, it is impossible to completely rid your home or work environment of them. Molds can feed on a wide range of material and require a water (moisture) source to survive.

Reports on TV and in newspapers commonly refer to harmful mold as "black mold" or "toxic mold." "This is not accurate," said Perry. "There are over 100,000 different species of molds throughout the world, and they come in many different colors, such as black, green, yellow, orange, brown, and white."

Perry said there are harmless and harmful molds. "Some may be black, some may be other colors, but you can't tell which is which strictly by the color," he explained.

Of the approximately 1000 common household molds studied, less than 200 are identified as being harmful pathogens to humans. About 10 percent of the general population and 40 percent of people with asthma are allergic to fungus, according to the

U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM).

"For people sensitive to mold, the most common reaction will be characteristic of hay fever-like symptoms; red, itchy eyes, runny nose, headache, and/or fever. For people with asthma, exposure to molds can make their asthma worse, but there is no evidence that mold exposures cause asthma in people," said Perry.

Those with weakened immune systems or chronic lung diseases are also at an increased risk of developing fungal infections in their lungs.

Steps toward prevention

It is impossible to completely remove all molds from the indoors, so moisture control is the key to mold control. USACHPPM recommends a humidity level of 60 percent or less. Using fans while cooking and showering can help if vented to the outside. Another way to control moisture is to open windows while cooking and showering.

To minimize the risk of mold growing in work and home areas, identify and eliminate the source of moisture or water. Residents should ventilate their quarters for at least 10 minutes a day and after each shower by opening windows to create a cross draft. This helps to reduce the potential for mold and mildew growth.

"Be aware though, molds damage what they grow on, so the longer they have to grow, the more damage they are likely to cause," said Perry.

For a list of safety tips you can use at home and work environments, visit www.stuttgart.army.mil.

ASK AN EXPERT

How does salt affect blood pressure?

Q: Can the amount of salt I eat really affect my blood pressure?

Answer: The amount of salt that we eat can have a direct effect on our blood pressure. For some people, too much salt in the diet may contribute to high blood pressure. However, a high sodium diet alone does not cause high blood pressure.

Although the human body only needs about 500 mg. of sodium a day (the equivalent of about one-fourth tsp. of salt), the average American ingests between 4,000 to 6,000 mg. of sodium a day.

For people who do not have high blood pressure, 2,400 mg. of sodium is recommended. If you have high blood pressure, you may have to follow a low sodium diet such as the Dietary Approaches to Stop Hypertension (DASH) eating plan.

For people sensitive to sodium, such as those with a family history of hypertension, African Americans, diabetics and the elderly, the accumulation of too much salt in the body can be particularly risky.

Tips to cut back on salt intake are:

- *Avoid adding salt to your food at the table.*
- *Do away with your salt shakers.* Sea, rock and garlic salt are almost identical to salt and should not be used. Most sauces used at the table are also very high in salt (e.g., tomato ketchup and soy sauce).
- *Do not add salt to cooking.* This includes not adding salt to the water you

This edition's expert:

Kim Cerer

Stuttgart Wellness Center

use for vegetables, pasta and rice, etc, and avoiding stock cubes, gravy browning, soy sauce and salted dried fish, all of which are very high in salt.

• *Avoid manufactured or processed foods that have salt added.* Canned foods, snack foods, fast foods and other prepared foods are loaded with sodium. It is much better to prepare your own low-sodium meals.

You may also consider using some salt substitutes (with approval by your doctor) or various condiments and seasonings that may add to the taste without excess salt.

Cutting down on salt is worth it. The less salt you eat, the lower your blood pressure is likely to be and once you are used to it, you will begin to taste the real natural flavor of foods.

For more information on the DASH diet, visit www.dashdiet.org. You may also make an appointment with Kim Cerer, dietitian at the Stuttgart Wellness Center, by calling 430-7322 or 0711-680-7322.

Do you have a question about a policy, procedure or other topic related to life on a U.S. military installation in Stuttgart or Garmisch? E-mail your query to stuttgartmedia@eur.army.mil, and we will 'Ask An Expert' for you!

HEALTH CARE CORNER

U.S. Army Health Clinic Stuttgart

Hours of Operation

Mon., Tues., Wed. & Fri.: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8:30 a.m.
Thursdays, 1 to 2 p.m.

Pharmacy

M, T, W, F: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Immunizations

Walk-in basis
Closed noon to 1 p.m.

Well Baby Care

Every Tuesday

Laboratory

M, T, W, F: 7:30 a.m. to 4 p.m.
Thursdays: 1 to 4 p.m.

Physical Exams

Active-duty only (by appt.)
430-6817/civ. 0711-680-6817

Well Woman Care

Every Wednesday

Appointments

430-8610/civ. 0711-680-8610 or 430-8611/civ. 0711-680-8611
Tricare beneficiaries can also make appointments online.
Visit www.tricareonline.com.

Stuttgart Dental Clinic

Hours of Operation

Mon. to Fri.: 7:30 to 11:30 a.m. & 12:30 to 4:30 p.m.

Active-Duty Sick Call

Mon. to Fri.: 7:30 to 9:30 a.m.

All Others Sick Call

Mon. to Fri.: 8:30 to 9:30 a.m.

Appointments

430-8626/civ. 0711-680-8626

Garmisch Dental Clinic

Hours of Operation

Mon., Wed & Fri: 7:30 a.m. to 3:30 p.m.
Tue: 7:30 a.m. to 4:30 p.m. / Thurs: 7:30 a.m. to 3 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8 a.m.

Appointments

440-3414/civ. 08821-750-3414

Note

In accordance with Army Regulation 40-3, dental services are limited to space-available care for other than active-duty servicemembers

In case of an after-hours emergency call the MP desk to access the on-call patient liaison:
Stuttgart 430-5262/civ. 0711-680-5262 / Garmisch 440-3827/civ. 08821-750-3827

IMCOM-E offers tips for shipping second privately-owned vehicles

IMCOM-Europe Public Affairs Office

Normally, Soldiers and Department and Defense civilians with permanent-change-of-station orders are entitled to ship one privately owned vehicle at government expense from overseas locations.

However, many people nowadays have two vehicles, wanting to return home with both. If so you will be paying out of your own pocket for it, said Robin Brown-Jones, Installation Management Command-Europe logistics division.

Plus, she said, preparing your car beforehand and finalizing all requirements "is a must."

Brown-Jones suggests the following tips to ensure your second U.S.-specification POV is readied for shipping:

Prior planning is a must. There are several private commercial shipping companies available. But due to the high volume of summer moves, you should contact the commercial shipping company as soon as are certain that you will ship your second POV.

Get a free rate quotation. A PCS move can be costly. Knowing the cost of shipping a second POV, months before you move, allows planning a budget accordingly. The price is normally all-inclusive and includes inland transportation costs to a port, German and U.S. port charges, and customs fees.

Have proper documentation. Documentation normally needed to ship a POV from overseas is: PCS orders, vehicle registration, military or DoD identification.

Ensure the vehicle is clean. All vehicles must meet U.S. Department of Agriculture inspection requirements prior to shipping – this is the law. Specifically, vehicles must be free of dirt, soil, plant life, animal life and other organizational hazards. This means the exterior, interior, engine, engine compartment and radiator. The entire interior of the POV must be vacuumed, including the trunk area, and all personal effects must be removed from the vehicle, even air fresheners.

"If your vehicle does not meet these standards, Brown-Jones stressed, "it will not be shipped."

Drain fuel tank. Ensure your vehicle has no more than a quarter tank of fuel at time of shipment.

Check your stickers. The POV must be a U.S.-spec ve-

Many European companies claim they can convert European-spec POVs to U.S. specifications while the POV is still in Europe. These claims are false.

Jeff Schott

IMCOM-Europe Transportation Office

hicle and have both the Environmental Protection Agency and Department of Transportation sticker affixed

The EPA sticker should clearly be visible in the engine area. It's usually white with the word catalyst listed on the bottom.

The DOT sticker should be clearly visible in the door jam area. It, too, is usually white with the vehicle identification number and the month and year of manufacture listed at the bottom.

If your vehicle is missing either of these stickers, normally due to extensive body work, repainting or customization, you must prove the vehicle was registered stateside, or provide a letter from the manufacturer to verify the vehicle is U.S. manufactured and complies with U.S. requirements.

As for European-spec vehicles, they must be shipped through a stateside certified independent commercial importer. A list is available from the EPA.

"This, however, can be an expensive process because the vehicle must also conform to EPA and DOT safety requirements," Jeff Schott, IMCOM-Europe's transportation office.

He added that it is important to remember that European-spec vehicles cannot be modified to U.S. standards while physically located overseas.

"Many European companies claim they can convert European-spec POVs to U.S. specifications while the POV is still in Europe," Schott said. "These claims are false."

This article originally appeared online at www.imcom-europe.army.mil.

Plan ahead, avoid household good delays

IMCOM-Europe Public Affairs Office

Installation Management Command-Europe is experiencing the highest household goods demand surge in more than a decade. The increased demand, coupled with a shortage of moving companies, is causing many originally requested pick-up dates in June and July to be rescheduled on a date later than requested.

The IMCOM-Europe Logistics Division Transportation Office is asking customers to consider the following:

- Do not make any financial commitments based upon your requested pick-up date. Wait until you receive a pick-up confirmation from the local garrison representative. Be aware that when you request a pick-up date, it is still tentative until it is confirmed by the contractor. Due to this year's contractor capacity shortfalls, local transportation offices are having difficulties informing customers in a timely manner. Continue to maintain close contact with your local transportation office regarding the status of your move.

- Try to remain flexible with the alternate household goods pick-up dates that you are offered. In a normal PCS season, you would usually get the pick-up date that you wanted; that is not possible this summer.

- Look out for your fellow Army Families. If you want to report early to your next duty station, you may be asked to defer your pick-up until a later date to make room for a Family that must leave earlier. Consider this request carefully unless you have a compelling reason to report to your next duty station early.

- Ensure that you have a confirmed household goods pick-up date before you make other plans. Do not book your airplane tickets to your next duty station. Hold off making your vacation plans until you know when your goods will be picked up. Remember, you almost certainly will not get the pick-up date that you were expecting – that might force you to change your travel plans.

- Be prepared to wait a little longer for your goods to be delivered once you arrive at your next duty station. It is projected that this summer's challenges and effects will be experienced worldwide.

- Mid-July to August dates are less congested. If possible, please coordinate to stay in Germany longer and enjoy your extra time abroad.

For more information, contact the USAG Stuttgart Transportation Office at 431-2328/2289 (household good-inbound inquiries) or 431-2675/2589 (household good-outbound) or visit the office located in Building 2913 on Panzer Kaserne. Business hours are Monday to Friday 7:30 a.m. to 4 p.m.



There's strong. Then there's Army Strong.

Are you Army Strong?

www.goarmy.com/strong

Stuttgart salutes ‘Class of 2007’ in June 10 ceremony

Art murals, sports honors and accreditation wrap up year at Patch

Story & photos by Brandon Beach

With a toss of their hats, 84 Patch High School graduates added another page to their biography June 10. “Patch is not just a school but a chapter in our lives that we will, hopefully, remember always,” said Kylie Marchant in her salutatorian remarks before the PHS Class of 2007 in Sindelfingen’s Stadthalle.

After four years of exams and term papers, graduates took their ceremonial walk across the stage to shake hands with Susan Page, the school’s principal, and receive their diplomas. The two-hour event was punctuated by music from Harmony Express, the school’s choral group, color guard presentations by the PHS Junior Reserve Officer Training Corps and remarks from community leaders. “These young men and women represent our nation’s future,” said Gen. William E. Ward, deputy commander of U.S. European Command, in his commencement address. “I want to congratulate you on a job well done. You have achieved that first important milestone in your life.”

Alongside Page and Gen. Ward, Col. Kenneth G. Juergens, commander of USAG Stuttgart, stood on stage to present diplomas. Also in attendance were Joyce Ward, wife of Gen. Ward, and Gaby Juergens, wife of Col. Juergens.

Several deployed parents were able to join the ceremony via a live broadcast coordinated by a team from World Television.

While some venture off to college hallways or into military ranks, Page reminded her students to find balance in their endeavors.

“Without the balance of family and laughter you will not be complete,” she said, before declaring the Class of 2007 “graduates.”

The following students are members of the PHS Class of 2007:

Bradford Armstrong	Joshua Hasting	Sheri Penn
Melissa Arnold	Tiffany Hess	Jessica Perez
James Ashie	Aubrey Hoffmeier	Robert Perrault
Markus Bartlett	Steven Horsley	Morgan Perry
Katharina Baumann	Michael Jacoby	Joseph Pirosko IV
Matthew Bender	James Jennings	Nickolas Quinn
Bradley Bergfeld	Megan Johnson	Elizabeth Rankin
Andrew Bernier	Anna Johnston	Stefan Reed
Randall Bowker	Natalie Jolley	Richard Riggleman
Michael Brady	Evan Jones	Nicholas Rodriguez
Amy Bragg	Brandon Kanouff	Nicholas Rogers
Joshua Brinsfield	Daniel Kennedy	Amie Rollie
Jeremy Brown	Alexander Kloss	Catherine Rollins
Madelina Brown	Kasye Lalau	Ashley Rupp
Christal Ceithamer	Vanessa Langston	Michael Sexton
Tracy Cole	Rachel Lietzau	Jonika Shelton
Kirsten DelVecchio	Kevin Lorca	Rachel Smith
Jose Diaz	Kylie Marchant	Kristen Strohl
Cody Dickey	Skyler McClelland	Wenzhuo Tang
Michael Dickmeyer	Bryan McGill	Alex Taylor
Pia Diggs	Caleb Meredith	Brian Taylor
Lauren Duke	Brittany Morris	Megan Thompson
Anel Espinosa	Georgiana Mullinix	Andrew Tribble
Katherine Frasca	Kristin Muslin	Michelle Whitbeck
Flavius Garmacea	Ivan Nakoneczny	Carey Williams
Matthew Gorry	Victoria Nation	Alexandria Wilson
Rebekah Grube	Kellan Nooner	Nicholas Wood
Nicole Haddock	Tamara Opplinger	Shantel Woods

“Hardships are part of life. Don’t be afraid of it. Live each day one day at a time to its fullest.”

Tamara Oppliger
Valedictorian



[Top] PHS graduate Rachel Smith is all smiles as she receives her high school diploma and some parting words from Susan Page, the school’s principal, during the “Class of 2007” commencement ceremony held in the Sindelfingen Stadthalle. Eighty-four PHS graduates walked across the stage June 10.

[Above] PHS graduate Kasye Lalau shares a moment on stage with Gen. William E. Ward, deputy commander of U.S. European Command, who gave the ceremony’s commencement address.

[Left] Becky Meyer, a junior at PHS, provides some insight on the graduation process in her comic strip, “Senior Escapades.”

PHS athletes take on best at Europeans

Story & photos by Brandon Beach

For Patch, teams just got bigger this year. But despite the move from *Small Schools* to *Big Schools*, Patch athletes still found a way to smack runs, drill in goals and win one of DoDDS-Europe most prestigious sports honors.

A ‘heartbreaker’ in Ramstein

Lady Panthers, underdogs? No way. Something to prove? You bet.

The squad entered the DoDDS-Europe Big Schools soccer championship ranked fourth behind Ramstein, Kaiserslautern and Heidelberg. The 3-day tourney was held in Ramstein.

A bit of history. Since 1997, the Lady Panthers had won the DII crown a record eight times. It was time to start a new chapter.

“We were just happy to be playing against the better teams,” said captain Kate Frasca, who

“We were just happy to be playing against the better teams. We knew it would be a challenge.”

Kate Frasca
PHS Girls Soccer Captain



PHS defender Michal Knief, left, shown here in an April photo, dribbles past a Heidelberg player during a preseason tuneup on Husky Field.

scored five goals on the season. “We knew it would be a challenge.”

The Lady Panthers opened tournament play May 17 with a 2-2 draw against Heidelberg. The next day, Patch propped up a solid defense against eventual tourney winner Ramstein. The team held the Lady Lions to a 0-0 draw.

“That was pretty amazing,” said midfielder Kylie Marchant of the David and Goliath matchup. “It was really intense.”

Patch took on Kaiserslautern the next day. A win meant a birth into Saturday’s final game. After 90 minutes of play, two 10-minute overtime periods and no score for either side, Kaiserslautern found just enough zip to their kicks to win the shootout. “That was really a heartbreaker,” said Frasca. “It just wasn’t out time.”

In the end, Patch went on to beat the International School of Brussels for a third place finish.

Now with growing pains over, the Lady Panthers look to build on this season and lose their underdog pinning.

“We know our team unity is always unbeatable,” said Marchant.

Softball notes

The Lady Panther ended its season with a fifth-place finish at the DoDDS European Big Schools Championship May 17 to 20 in Ramstein. With a 10-4 record, Patch earned third-place in the Division I conference.



Senior Kasye Lalau, captain of the PHS softball team, was awarded this year’s DoDDS-Europe Female Athlete of the Year.

PHS artists put creativity on display

Story by Brandon Beach

Becky Meyer prefers to sketch in crowds. “I need things going on around me,” said the junior from Patch High School. A self-taught artist, Meyer got plenty of external stimuli this past May holed up in the school’s freshman wing. There, as students milled about between class periods, she quietly transformed a wall.

“I like to start with a focal point and work my way out,” she said.

For most days, she kept her feet firmly planted on the ground. But working her way out meant employing a ladder at times. The result, after three weeks, was a 15-foot by 20-foot mural illustrating the various clubs offered

at the school.

“I’ve been drawing for as long as I can remember,” said Meyer, who had two drawings and a short story published in this year’s “Showcase,” a DoDDS-Europe magazine for the creative arts. “It gives me a way to express myself.”

Similar mural projects took place in the school’s arts and science wings. They were completed by Catherine Rollins and Stefan Reed respectively, both of whom graduated from Patch this year.

“It’s really amazing what these students were able to do,” said Walter Fritz, the school’s drama teacher who oversaw the projects.

For their efforts, the PHS Parent Teacher Association awarded Meyer and Rollins with iPods, valued at \$150 each. Reed received \$150.

Congratulations to Patch High School and Patch Elementary School on being accredited this year by the NCA Commission on School Improvement!



American style old fashioned county fair, to include:

Childrens' Games — Face painting, crafts, bouncy castles, relay games

Adult games - Pie Eating contest, Beer Mug Hold, Dunk & Dive, Hot Dog Stuff

Activities - Blue Ribbon Pie Contest, Softball Tournament,
Beer Crate Climbing Challenge, Youth Pitch Hit and Throw Contest

Food and Beverages

Live Entertainment - Green House Lizards

June 30



5k Fun Run / Walk

0900
Cross-country style

Open to all ID Card holders

Kids 10 and younger need parental/guardian supervision

1-Pitch Softball

0930

Breitenau Sports Fields, Artillery Kaserne
ID Card holders who are 18 and over may participate.



Beer Crate Climb

1200 - 1800

Stack beers crates and see how high you can climb.
Open to all ID Card holders



Pie Baking Contest

Judging at 1400

Single or two-crust fruit pies baked in nine-inch pie pans.
All Ingredients must be from scratch, including crust, and filling.
Each contestant may enter only one homemade pie.
Will be judged on taste, presentation, creativity, and appeal.
Pies may be brought to the Picnic between 1200 and 1330.
Contestants must be present for judging and are responsible for taking pie pans home.



For more information call DSN 440-3207 Civ. 08821-750-3207

Summer Safety Campaign

Advice abounds for outdoor cooks

**Installation Management
Command Safety Office**

Outdoor cooking is very popular. In fact, 66 million Americans cook outdoors regularly, according to the Barbecue Industry Association. You're probably one of those 66 million. Hopefully you will not be one of the people treated in emergency rooms for injuries related to charcoal, propane, and wood-burning grills this summer.

As an outdoor cook, you need to avoid injuries by observing some safety precautions.

- Before cooking**
- Instruct children on the dangers of a lit grill.
 - Choose a safe grilling location away from children's play areas and areas of heavy traffic. The area should be well-ventilated to avoid the danger from carbon monoxide and other combustion by-products. Never grill inside or even in a semi-enclosed area such as a tent or camper. Always grill on a flat, stable platform.
 - Make sure you're not wearing clothing that could contact the fire, such as hanging shirt-tails or dangling strings.
 - Never leave a grill unattended.

- Cooking with propane gas grills**
- Read owner's manual and operating instructions carefully. Use the exact type of tank and fuel specified.
 - Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear retighten connections and test again.
 - Transfer and store liquid propane cylinders in an upright position and never where temperatures can reach 125 degrees.

- Cooking with charcoal grills**
- Never start a fire with gasoline.
 - If using an electric fire starter, use an insulated indoor/outdoor cord plugged into a ground fault circuit interrupter (GFCI) protected outlet.
 - Be sure the ground is dry and you're not standing in water when plugging the starter into an outlet.
 - The starter will stay hot for several minutes after use, so place it out of reach of children and on a surface that will not burn.

How to avoid flare-ups

Fat from your meat will drip onto the fire. The fire ignites the fat, causing flare-ups. The following tips can



Hugh C. McBride
USAG Stuttgart Provost Marshal Art Richard takes command of the grill during the community's National Night Out celebration last year.

- help prevent flare-ups.
- Grill low-fat meat.
 - Trim excess fat from your meat.
 - Place a drip pan beneath the meat to catch fat before it hits the coals.
 - Don't place meat directly over heat source.
 - Keep cover closed and adjust vents as necessary.

- Final tips to remember**
- *If using instant lighting briquettes:* Spread them into a single layer, making sure they touch at the edges. Light several of them at their edges with a match.
 - *If using standard charcoal briquettes:* Stack them in a pyramid to allow air to circulate around them, causing them to light faster. Apply lighter fluid before lighting; wait at least 1 minute before lighting to allow lighter fluid to soak in. Never add fluid to the coals once they've been lit.
 - *To control temperature:* The coals are ready for cooking when they are grey in the daylight or glowing red at night. Spread them into a single layer with long-handled tongs.
 - *To reduce the temperature:* Raise the cooking grid, spread out the coals, lower the lid, and close the vents halfway.
 - *To increase the temperature:* Lower the cooking grid, tap the ashes from the coals, push the coals closer together, place additional coals around the lit ones, and fully open the vents on the grill lid.

For more about how to stay safe year-round call the USAG Stuttgart Safety Office at 421-2752/civ. 0711-729-2752 or e-mail hans.t.dreizler@us.army.mil.

Heat savvy tips
can save lives

By Lori Yerdon
U.S. Army Combat Readiness Center

As hot weather poses potential risk to Soldiers and Family members alike, individuals need to realize that heat injury prevention is not only a command and leadership responsibility, but a personal one too.

Heat injuries are avoidable yet can affect anyone. Individuals not use to hot weather, especially when it's combined with high humidity, are particularly susceptible. Young children, individuals with a long-term illness, and Soldiers that work in enclosed environments such as aircraft cockpits or vehicle interiors specially run the risk of becoming heat casualties. The use of supplements may also increase the chance dehydration.

"Leaders and Soldiers must do more than just have water available," said Col. John Campbell, U.S. Army Combat Readiness Center command surgeon. "Using composite risk management to assess and mitigate the potential health effects Soldiers might suffer during hot weather is critical."

According to the Army's Office of the Surgeon, 220 heat stroke cases were documented in 2006; of those, 57 Soldiers were hospitalized, 163 were outpatients, and two died. The injuries happened both in garrison and operational environments, and occurred during physical fitness training and testing, training exercises, and other activities including recreational exertion and non-exertion activities.

The best defense against a heat-related incident is prevention. Before engaging in an outdoor activity or mission in the heat, the identification and assessment of potential hazards, such as a high heat category or the physical exertion level of the activity, can reduce an individual's chance of becoming a victim of heatstroke, heat exhaustion or heat cramps.

By developing and implementing controls, leaders reduce the chance of a Soldier in their formation succumbing to a heat injury. Having sufficient hydration sources and providing rest cycles as needed are some of the measures that leaders can take.

Applying similar control measures when off duty can also protect Family members. Drinking more fluids, avoiding alcohol or drinks full of sugar or caffeine, and staying indoors when possible are several ways to beat the heat. Additionally, wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher, diminishes the possibility of a heat-related incident.

"Soldiers have a responsibility to look out for each other and speak up when a comrade is in trouble," added Campbell. "Someone always knows when a Soldier isn't at peak performance level; buddies should make leaders aware of these situations to thwart a possible heat injury."

Emergency numbers to know in Stuttgart & Garmisch

Ambulance: 116 <ul style="list-style-type: none">• Stuttgart civ. 0711-680-116• Garmisch civ. 08821-750-116	Military Police: 114 <ul style="list-style-type: none">• Stuttgart civ. 0711-680-114• Garmisch civ. 08821-750-114* Emergencies Only * <p><i>For non-emergencies call the MP desk Stuttgart: 430-5262/civ. 0711-680-5262 Garmisch: 440-3801/civ. 08821-750-3801</i></p>	Fire Department: 117 <ul style="list-style-type: none">• Stuttgart civ. 0711-680-117• Garmisch civ. 08821-750-117
Chaplain's Office <ul style="list-style-type: none">• Stuttgart 430-5000/civ. 0711-680-5000• Garmisch 440-2819/civ. 08821-750-2819		Family Advocacy Program <ul style="list-style-type: none">• Stuttgart 430-7176/civ. 0711-680-7176• Garmisch 440-2584/civ. 08821-750-2584
Victim's Advocate <ul style="list-style-type: none">• Stuttgart 430-7176/civ. 0711-680-7176• After hours handy 0176-262-48894	Social Work Services <ul style="list-style-type: none">• Stuttgart 431-2627/civ. 07031-15-2627	SNAP Program <ul style="list-style-type: none">• Stuttgart 430-5560/civ. 07031-15-5560• Garmisch 440-3618/civ. 08821-750-3618

Emergency numbers & other on-post contact information also available online at www.stuttgart.army.mil.



Army World Class Athlete Program Capt. Niul Manske scored 1,200 points with a perfect equestrian ride en route to winning a silver medal June 9 in Colorado Springs, Colo.

Soldiers shine at modern pentathlon tourney

Athletes seek to qualify for next year's Olympic games in Beijing

Story & photo by Tim Higgs

The U.S. Army World Class Athlete Program is in prime position to provide at least half of Team USA's modern pentathlon contingent for the 2008 Olympic Games in Beijing, China.

Spc. Dennis Bowsher won his second national crown and two other Army World Class Athlete Program Soldiers - Capt. Niul Manske and 1st Lt. Mickey Kelly - won silver medals at the 2007 U.S. National Modern Pentathlon Championships June 9-10 in Colorado Springs.

"It's nice to represent," Manske said of Soldiers sweeping the top two spots in the men's division and being joined on the podium by Air Force Capt. Eli Bremer. "Essentially, it was the Dennis and Niul show more or less right from the get-go."

Bowsher, 24, of Dallas, scored 1,180 points in pistol shooting; 1,036 in fencing; 1,260 in swimming; 1,160 in equestrian riding; and 1,036 in cross-country running to win the men's gold medal with 5,672 modern pentathlon points.

Manske, 31, of Port Clinton, Ohio, tallied scores of 1,144 in shooting; 1,036 in fencing; 1,180 in the pool; a perfect 1,200 on horseback; and 944 on the run to win the silver medal with 5,504 points.

Kelly, 29, of Chatham, N.Y., finished second in the women's division behind Fayetteville, Ark.'s 15-year-old Margaux Isaksen, a summer resident at the U.S. Olympic Train-

The modern pentathlon is a contest of five sports - pistol shooting, fencing, freestyle swimming, show jumping and cross-country running.

ing Center in Colorado Springs who won the junior and senior titles with 5,528 points, edging out Kelly by only 52 points.

All three of the WCAP pentathletes are stationed at Fort Carson, Colo.

Kelly won the silver medal with 964 points in both shooting and fencing; 1,148 in swimming; 1,172 in riding; and 1,228 on the run - the only event in which she finished first - for a modern pentathlon total of 5,476.

Bowsher and Kelly trained through the national championships - meaning they did not rest for the event - because their sights are set on competing in the XV Pan American Games, scheduled for July 13-29 in Rio de Janeiro, Brazil.

"I wasn't in my peak-performance shape," Kelly said. "I'm always disappointed to come in second, especially when it's that close, but I knew it wasn't going to be my top-notch day and that girl had the best day of her life."

"But really everything is pointed in the right direction for the big competitions that

we have coming up," Kelly continued. "I'll also use the World Cup in Rome as a bit of a tune-up for the Pan Am Games, which is my focus right now."

The first female and male finishers from both North America and South America at the Pan Am Games will earn a berth in the 2008 Beijing Games.

"Making the Olympic team is definitely the goal," said Bowsher, who entered WCAP last January after completing Army Basic Training and Advanced Individual Training. "But right now we have another World Cup in (Rome) Italy, and the Pan American Games, which is an Olympic qualifier."

"It will definitely be a load off my back if I qualify (for the Olympics at the Pan Am Games.) Then I will be able to just train and not have a lot of pressure on me."

Kelly won the women's national championship in 2003 and a bronze medal in the first World Cup event of this season in Mexico City.

Barring injury or unforeseen developments, Kelly and Sheila Taormina, a three-time Olympian in swimming and triathlon who bypassed this event to attend an elite fencing camp in Portland, Ore., are virtual locks to make the Olympic team, said Janusz Peciak, a six-time U.S. Olympic modern pentathlon coach who also led WCAP pentathletes from 1995 through 2005.

"My goal is to earn my Olympic spot there," Kelly said of the Pan Am Games in Rio. "We're working in the right direction and hopefully it will be my day there."

Olympic berths also will be on the line at the Modern Pentathlon World Championships Aug. 14-22 in Berlin and the World Cup finale Sept. 15-16 in Beijing.

Peciak believes that Bowsher is now the "man to beat" in the United States.

"He has improved unbelievably in the last two years in fencing and running," Peciak said of Bowsher. "I believe he has a great future. He just needs to get that killer instinct."

Bowsher, who recently won a silver medal in the fifth World Cup stop in Drzonkow, Poland, became the first American male to medal at a World Cup event since two-time Olympian Spc. Chad Senior stuck gold in 2003 in Mexico City.

Higgs writes for the Family and Morale, Welfare and Recreation Command Public Affairs. This article originally appeared online at www.army.mil.



Last year, Kelley School Age Services visited the camels at Kamelhof as part of its summer camp schedule. The park is located in Rotfelden, one hour south of Stuttgart, and offers stunning views of the Black Forest from atop a pair of camel humps.

Take a safari ride in the Black Forest at Kamelhof

Story and photos by Brandon Beach

Camels have crossed Africa's great Sahara Desert, traversed the snowy trails of South America's Andes Mountains, and even landed in Germany's Black Forest.

Thanks to Wilhelm Breitling, a Schwäbisch-born farmer, they also have a permanent home at *Kamelhof*, a petting zoo just outside Rotfelden.

"Camels have a calmness that you don't find in other animals," said Breitling, who imported his first set of camels from Kazakhstan back in the mid 1980's.

Today, his family of one-humped (dromedary) and two-humped (bactrian) creatures has grown to a family of over 90.

At Kamelhof, opened in 2002, children and adults alike can visit the petting stables, where it's not uncommon to find a young animal enthusiast poking a bottle of milk or a handful of hay into an infant camel's mouth, while Breitling looks on.

"Camels absolutely love affection," he said. "We want visitors to have a real hands-on experience here."

Visitors can get a peak into other worlds at the park's auxiliary museum, located near the petting stables, which pieces together exotic artifacts from Breitling's many trips to Africa and India. It was a trip to North Africa in 1970 where Breitling's interest in the *Camelus* genus first began.

Outside the stables, Breitling's staff leads visitors on camel walks around the farm's oval track, which offers a picturesque view of the Schwäbische Alb mountains.

Visitors are encouraged to bring blankets and a cooler and spend the afternoon at one of the many picnic areas and grill spots set up throughout the park.

It might not rank up with the type of thrill rides found at Tripsdrill or Europa Park, but Breitling's easy-going park received more than 60,000 guests last year. Twenty thousand of them enjoyed the views from atop a pair of humps.

Other ventures

But Breitling's venture into camels doesn't stop at his petting zoo. In the early 1990's, he, along with a sheik from the United Arab Emirates, organized the first camel race in Berlin.

They might not be as fast as a horse, but camels can sustain speeds of up to 25 mph with short bursts of 40 mph, according to www.wikipedia.com.

In Europe, Breitling is also revered for his expertise on breeding camels and works with many universities to further the subject.

Just the facts

Entrance tickets for the park cost 4 euro. Rides cost 1.50 euro each. Breitling also books extended camel tours at a cost of 20 euro per hour. Call ahead to reserve a tour.

You won't pass the pyramids of Egypt, but the Black Forest countryside can be equally breathtaking in the summertime.

Kamelhof is located about an hour south of Stuttgart in Rotfelden. To get there, take Autobahn 81 to the Nagold exit and follow the signs.

For more information call 070-54-2899, e-mail info@kamelhof.de or visit www.kamel.de.



[Top] Meaghan Ambelang of Stuttgart is all smiles atop her new friend.

[Bottom] An alert camel waits for its next passenger.



OUT & ABOUT

DAZ events in July

C.K. Williams, Ph.D., author of nine books of poetry and winner of the National Book Award in 2003, will read selections of his works July 4, 8 p.m., in Stuttgart's Literaturhaus, located on Breitscheidstrasse 4. Cost is seven euro.

As part of the "Meet the Author" series, Caroline Muntjewerf will read excerpts from her novel, "Dutch Desent," July 10, 7:30 p.m., in the Deutsch-Amerikanisches Zentrum. Muntjewerf is a member of the DAZ's Writer's Group.

Every month, English speaking people from around the world meet to discuss a variety of topics over food and drink. Known as the "Stammtisch Transatlantic," the group meets July 12, 8 p.m., in Plenum, a restaurant located on Konrad-Adenauer-Strasse 3.

Celebrating the 100th birthday of Hollywood film legend John Wayne, DAZ present a screening of the 1975 western, "Rooster Cogburn," July 17, 7:30 p.m. Katherine Hepburn, who played Eula Goodnight in the film, a Bible-thumping missionary who teams up with Wayne to avenge the death of her father, would have celebrated her 100th birthday this year in May.

The center is located at Charlottenplatz 17 (U-Bahn 5 or 6). For a complete list of DAZ-sponsored activities visit www.daz.org or call 0711-22-8180.

Design exhibit at IFA

Germany's leading institute on foreign cultural relations is headquartered right here in Stuttgart.

This month, the Institute für Auslandsbeziehungen, or IFA, hosts the exhibit, "Interior Design in India." The gallery is located on Charlottenplatz 17. To get there, take city train U5 or 6 to the Charlottenplatz stop.

Opening hours are Tuesdays to Fridays, noon to 6 p.m., and weekends, 11 a.m. to 4 p.m. Additional evening hours are Thursdays until 8 p.m.

For more information visit www.ifa.de. The exhibit is open until May 27. Entrance is free.

Three Musketeers, the musical

SI Centrum's Palladium Theatre presents the swash-buckling musical smash, "The Three Musketeers."

Tickets range from 40 to 139 euro depending on seating and may be purchased by calling 01805-4444.

The theater is located on Plieningerstraße 100, which is a short 5-minute walk from the main gate on Kelley Barracks.

For more information on dates and times visit the SI Centrum online at www.si-centrum.de.

Roots, Govt. Mule to play at LKA

Called "hip hop's hardest working live band" by Rolling Stone magazine, The Roots belt out tunes from their new album "Game Theory" July 12 in Stuttgart's LKA Longhorn. Special guest is Gym Class Heroes. Show starts at 8 p.m. Tickets cost 27 euro.

Seventies rock jam legends, Govt. Mule takes the stage with their brand new album, "High & Mighty" July 11 at Longhorn. Show starts at 8 p.m. Tickets cost 26,50 euro and may be purchased online at www.musiccircus.com.

Voted one of the best rock clubs in Germany by "Vision" magazine, Longhorn is located at Heiligenwiesen 6 in the Wangen district. To get there take U-Bahn 9 or 13 to Hedelfingerstrasse.

For more information visit LKA online at www.lka-longhorn.de.

Suzanne Vega to play Theaterhaus

With playback hits such as "Luka" and "Tom's Diner," singer-songwriter Suzanne Vega plays music from her new album, "Beauty & Crime," July 30, 8 p.m., in Stuttgart's Theaterhaus.

The hall is located at Siemensstrasse 11, just minutes from Robinson Barracks. Take U-trains 5, 6 or 13 to Pragsattel, and from there, it's a short walk.

Tickets cost 39 euro and may be purchased online at www.musiccircus.de.

For more information on upcoming concerts at Theaterhaus visit www.theaterhaus.de.

Graduates honored at UMUC-E commencement

Students recognized for 'determination' in May 27 ceremony

Story & photo by Andrea Loper

May 27 marked the end of a long journey for many University of Maryland University College Europe and Bowie State University students. Accompanied by the cheers from a crowd of almost 1,500 faculty, staff, family and friends, 240 members of the 2007 graduating class gathered in the afternoon to receive their associate's, bachelor's or master's degree during a ceremony held in Heidelberg.

"My husband couldn't be here with me today because he's deployed in Iraq. His deployment made it really difficult to concentrate and study for my last class, but I knew I had to finish because I wanted to make him proud," said Lisbeth Jacobs from Stuttgart.

Jacobs began her degree in UMUC Asia, and after moving 14 times during the last 10 years with her active-duty Air Force spouse, she completed her bachelor's degree in English. Jacobs took the opportunity to participate in seven field study courses while earning her degree in Europe.

"The instructors opened up the world to me and brought history to life. I would encourage anyone who has the opportunity to participate in a field study course to do so; it's a life changing experience," she said.

Dr. Susan C. Aldridge, president of UMUC worldwide, congratulated the students on their achievements and said, "Many of you have traveled long miles to walk across this stage. All of you have worked long hours to receive these diplomas. Yet as the old Latin saying goes: res severa, verum gaudium - 'with hard work comes true joy!'"

The 55th annual commencement exercises recognized the graduating class that included active-duty military students from the Army, Air Force, Navy and Marine Corps, as well as family members and civilians stationed overseas.

Dr. Aldridge stated, "It usually takes our world-wide students a little bit longer to earn a degree - simply because they don't always

I would encourage anyone who has the opportunity to participate in a field study course ... it's a life changing experience.

Lisbeth Jacobs
UMUC-Europe Student

have the luxury of dedicated time or unlimited financial resources. This is particularly true of our many active-duty military students - who persevere against all odds and while defending the United States."

The majority of the graduating students were married with children, and in their 30s. The oldest graduate was 66 and the youngest was 19.

Chief Warrant Officer Sharon Gibbs and her husband Chief Warrant Officer Cecil Gibbs understood what it meant to persevere through difficult times.

"We were both trying to get the same degree at the same time, and then we both got deployed at the same time," explained Cecil Gibbs.

"To juggle home life with school and work and then the deployment was an issue too, but you get your mind set on going to school, set a time line and it gets easier. I even took the final requirement for my degree, a CLEP test, while in labor. I would answer questions and practice my breathing techniques," said Sharon Gibbs.

Both of the Gibbs agree that it's important to find someone to support you in order to make it over the hurdles.



Lisbeth Jacobs of Stuttgart accepts help from a fellow graduate student with her ceremony regalia. The May 27 commencement in Heidelberg recognized 240 degree recipients.

Jeremy Bigham, the recipient of the William C. Bentley Memorial Award, graduated with a 4.0 grade point average and summa cum laude honors.

As the student speaker, Bigham closed the ceremony. His address encouraged the graduates to invest their degrees in improving the lives of others.

"Never forget that your education is a means to better serve others. Give careful thought to how you can use this education to invest in the lives of others. You will never regret that investment," he said.

Loper is a public relations specialist and writer for the UMUC-Europe Office of Marketing and Communications.

For more information on UMUC-Europe programs in the Stuttgart area, call 431-2303 or 07031-15-2303 or stop by the Education Center, located in Panzer Kaserne's Building 2948.

ABOUT UMUC-E

University of Maryland University College (UMUC) Europe offers a full range of lower and upper level courses for students interested in certificates and associate, bachelor's and master's degrees.

UMUC-Europe offers a wide array of on-site and online learning opportunities at over 70 sites throughout Europe and the Middle East.

Founded in 1947, UMUC-Europe has been providing quality academic programs to members of the U.S. military communities overseas for more than 55 years and has earned accolades for its innovative use of technology.

- Source: www.ed.umuc.edu.

SNAP, 554th MP Co. conduct fingerprinting at area schools

USAG Stuttgart PAO Office

Stuttgart's Provost Marshal Division, 544th Military Police Company and community volunteers teamed up to conduct fingerprinting of community children May 25 in honor of the National Missing Children's Day.

Fingerprinting was conducted at all three elementary and middle schools with a total of 31 volunteers who processed 409 children's fingerprints and DNA samples. Many of the children had not been fingerprinted since birth.

"The volunteers' willingness to use their own personal time demonstrates what a wonderful community we live in and shows great support for a worthy cause," said Earnest Epps, director of Stuttgart's Safe Neighborhood Awareness Program. "Thanks to all who dedicated their time."

Epps explained that each year nearly



Members of the 554th Military Police Co. take fingerprints from Stuttgart-area youth May 25.

800,000 children are reported missing. The vast majority have not been fingerprinted since birth and have never had samples of their DNA taken, which makes it even more difficult for law enforcement to find them.

For more about the SNAP program, call Earnest Epps at DSN 430-5560.

Fourth-grade artists put creativity on display with show on Patch Barracks

Story by Betty Roberts
Patch Elementary School

Students from Barbara Kloss's 4th grade class at Patch Elementary School held an art show featuring water color paintings May 24. They included self-portraits and floral scenes showing a variety of painting techniques. Students and parents prepared refreshments.

Alyssa Katahara, an accomplished harpist, performed throughout the show. Students worked hard

to prepare for this event. Guests included numerous families, PES faculty, former students from Kloss's classes and other members of the Patch community. The many talented students in Kloss's class were given the opportunity to showcase their work in an atmosphere that resembled an art gallery featuring the work of professional artists.

'See for Yourself'

Kloss employs a dynamic children's art



Stuttgart community members take a moment to look at the artwork on display at the Patch Forum May 24.

program into her weekly lessons plans called "See for Yourself, which encourages students to explore their personal expression through hands-on art activities.

"Every student sees things differently, so they are encouraged to paint what they see," said Kloss. The result was a half-year's worth of creative expression on canvas showcased in the setting of a modern-day museum.

- Additional reporting by Brandon Beach

Stuttgart SKIES students compete in several international tourneys

Story & photo by Brandon Beach

Stuttgart's Tae Kwon Do and Irish Step Dance classes traveled to several tournaments abroad to compete against the world's best last month. Both classes are part of the Child and Youth Services' SKIES program.

World Martial Arts Games

In Castebar, Ireland, Tae Kwon Do students from Stefan Mcrae's class raised fists and feet against the world's top athletes at the WOMAA World Martial Arts Games held April 28 to 29. The students joined a component of Team America, which competed against 12 other countries.

Stuttgart martial arts athletes amassed 26 medals during the tournament including nine gold, 14 silver and 3 bronze. Competition disciplines were fighting, forms and breaking.

The Stuttgart competitors who earned medals were Charles Carriger, Deborah Carriger, Destinie Carriger, Grayson Church, Rebekah Church, Nelanie Hamilton, Jessica Heidt, Brittany Heidt, Ines Liefers, Keyon McCamey, Emiko Patterson, Jared Patterson and Sayoko Patterson.

Tae Kwon Do is taught Tuesdays, Thursdays and Fridays 5:30 p.m. to 7 p.m., in the Patch Fitness Center.

Salzburg Feis 2007

In Salzburg, Austria, students from Aine Halpin's Irish Step Dance class competed in the Salzburg Feis 2007 in

May. The following students earned medals in several dance disciplines: Lily Gamble, Aidan Gelbach, Max Gelbach and Liliana McPherson.

This summer, Irish Step workshops will be held June 18 to 22; July 9 to 13; and Aug. 13 to 17, in the PHS Forum.

Kids soar with SKIES

Be it breaking boards in a Tae Kwon Do class or mastering the Irish side-step, Stuttgart-area kids are making small discoveries everyday with SKIES Unlimited.

In short, SKIES stands for "Schools of Knowledge, Inspiration, Exploration and Skills." It gives youth an outlet to explore their talents outside of school.

"Stuttgart has one of the largest SKIES programs in Europe," said Jeff Carpenter, SKIES instructional program specialist.

Since its debut in June 2004, the Child and Youth Services program, with its array of instructional classes, has steadily doubled every year. Last year alone, the number of enrolled youth that dabbled in everything from piano to ballet reached more than 850, and, as Jemmie Collins, CYS youth education support specialist, said, that figure is "soaring once again."

For more information on the SKIES program call 430-7458/civ. 0711-680-7458. To sign up for a class stop by the CYS Central Registration in Building 2347 on Patch Barracks.



[Above] A student from Stefan Mcrae's Tae Kwon Do class practices martial arts at the Patch Fitness Center.

[Below] Members of Stuttgart's Irish Step Dance program.



courtesy



Winners of the Stuttgart free throw contest, held last month at the Fitness Center gymnasium on Panzer Kaserne, stand with Scott Dunn, Stuttgart Knights president.

Knights crown free throw champs

Story by Chuck Lazar

The Knights of Columbus hosted its second annual youth basketball free throw championship at the Panzer gym last month.

Over 30 young athletes aged 10 to 14 participated in five different boys and girls categories. The competitors attempted 15 free throws from either the 12- or 15-foot foul line.

All participants were presented a certificate of participation and the athletes with the most baskets from each age group were awarded plaques. The event was highlighted by a double shootout between Celina Lalau and Sarah Burke in the girl's 11-year old category.

The winners in the boy's category were Garrett Cashman, Jimmy Niescier, Christian Mansapit, Steven Swayne and Arron Morris. In the girl's category Sarah Sires, Janelle Loney, Celina Lalau, Milan Juliano and Carmen Lalau walked away with trophies.

These winners will represent Stuttgart in the Knight's of Columbus re-

gional championship later this year against champions from the Vilseck and Mannheim areas.

The event coordinator said this event was a total success, and participation increased by more than 20 percent from last year's Stuttgart free throw championship held on Patch Barracks.

Last year, more than 179,000 sharpshooters participated in 3,000 Knights of Columbus competitions.

Background

The Knights of Columbus is an international Catholic family fraternal service organization with nearly 1.7 million members in 12,500 local councils worldwide.

Last year, Knights donated 60 million volunteer hours and \$130 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, families and youth.

If you have any questions or are interested in joining the Knights of Columbus please e-mail Dan Cimmino at dcimmino1@aol.com.

stuttgart theatre center

2007

The Stuttgart Entertainment Branch is pleased to announce the dates for our annual



A concentrated workshop covering all aspects of theater, including: Acting, Stage Movement, Vocal Production, Introduction to Technical Theater

FIRST SESSION: 9 July – 20 July

SECOND SESSION: 30 July – 10 August

Ages 7 – 10
meet from 0900 – 1200 hours

Ages 11 – 17
meet from 1300 – 1600 hours

\$140
per session

Class size is limited to 20 students.

Register at the Stuttgart Entertainment Branch at 0711-7292-693

SIGN UP NOW!

STUTTGART THEATRE CENTER
www.kelleytheatre.de



July 4: 1300-2400
July 5: 1300-2300
July 6: 1600 - 2400
July 7: 1300 - 2400
July 8: 1300 - 2200

4th of JULY celebration

RIDES - GAMES - FOOD - SOUVENIRS - LIVE ENTERTAINMENT - FACE PAINTING - AND MUCH MORE!!!

ON PATCH BARRACKS

FIREWORKS JULY 4: after dark

PERFORMING JULY 5: Matt Poss and the Wild Bunch

"FAMILY DAY" FRIDAY, JULY 6: All rides 1/2 price: 4 - 8 p.m.

US ID cardholders only



For more information call DSN 421-2889 CIV 0711-729-2889